

Health Education: Personal Boundaries and Safety

Grades K-3 Lessons Overview

Grade	Lesson Titles	Lesson Objectives
Kindergarten	<ul style="list-style-type: none"> - My Space, Your Space - Paper People - Star of the Week - Keep It Private 	<ul style="list-style-type: none"> • Demonstrate an understanding of how to respond effectively when someone touches them in a way with which they do not feel comfortable • Recognize the kind of information that is private
Grade 1	<ul style="list-style-type: none"> - Friendship - Gender Roles - Staying Safe Online - Screen out the Mean 	<ul style="list-style-type: none"> • Describe at least three characteristics of a friend • Identify at least two healthy ways for friends to express feelings with each other
Grade 2	<ul style="list-style-type: none"> - Bullying is Never Ok - Cut It Out - Online Safety: My Online Community - Seeking Help (Support Tree Activity) 	<ul style="list-style-type: none"> • Demonstrate how to respond effectively if they are being bullied • Name at least 2 adults they can go to if they are being bullied
Grade 3	<ul style="list-style-type: none"> - Respect for All - Teasing, Harassment, Bullying - Feeling Safe - Figuring out Friendship - Online Safety: The Power of Words - Personal Timeline 	<ul style="list-style-type: none"> • Demonstrate understanding of at least three ways to treat others with dignity and respect • Define what a boundary is • Generate solutions for dealing with cyberbullying

Please note: These lessons are from the Rights, Respect, Responsibility K-12 Sexuality Education Curriculum **and** from Common Sense Media Education.